

LESSON -3 FROM TASTING TO DIGESTING

➤ KEY POINTS –

1. We eat different kinds of food to get energy and to grow well .
2. The food we eat cannot be used by the body as it is .
3. It has to be broken down into simpler and soluble form that the body can use .
4. The breaking down of food into simpler form is called digestion.

➤ ANSWER THE FOLLOWING –

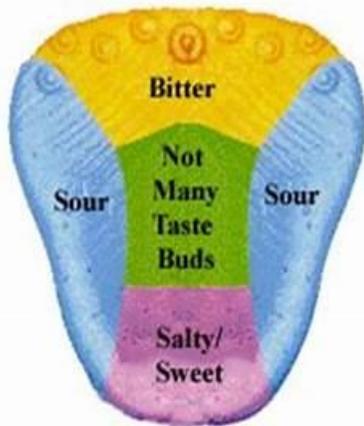
Ques.1 What is Digestion ?

Ans . Digestion is a process of food intake in which the complex food we eat is broken down into simple and soluble substance which our body is able to use.

Ques.2 What is Saliva ?

Ans. Saliva is the liquid secreted by the salivary glands located in the mouth is called Saliva .

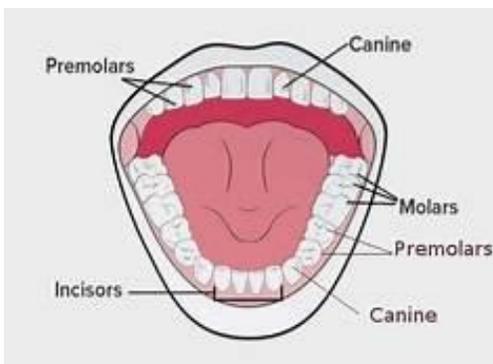
Ques.3 Explain – Our Tongue



Ans.

1. Our tongue helps us to move the food and taste it .
2. It has taste buds that helps us to identify four taste – sweet , salty , sour And bitter .
3. The front part of the tongue could feel sweet and salty .
4. The middle part of the tongue could feel sour.
5. The inner most part of the tongue could feel bitter taste .

Ques.4 What is the role of our teeth in digestion .



Ans .

down the food .

Teeth gives shape to the face and help to break

Total teeth =32

Upper jaw =16

Lower jaw = 16

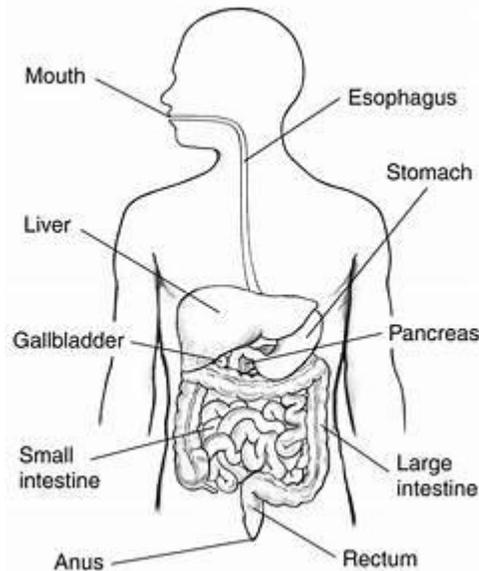
Incisors =4

Canines =2

Pre molar =4

Molar = 6

Ques.5 Explain the Digestive system –



Ans.

1. Mouth – Taste , chew and grind the food .

2. Food pipe – The food from the mouth goes through the food pipe
And enter the stomach .

3. Liver and Pancreas – They secrets digestive juices called bile juice.

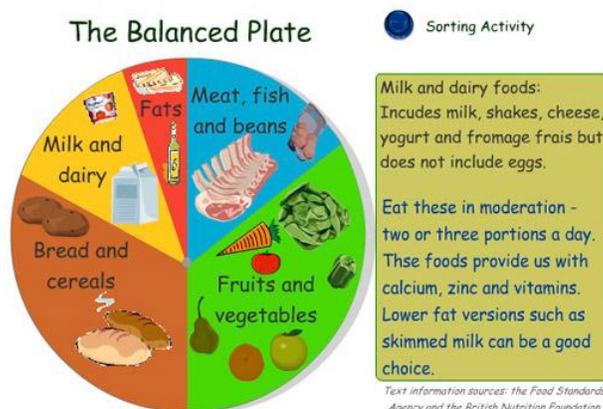
4 .Stomach – Several digestive juices are secreted by the stomach also and
Helps in digesting the food .

5. Small Intestine – From the stomach , the food go into small intestine
. All the food is digested completely here .

6. Large Intestine – Undigested food goes to large intestine .

7. Anus – All solid waste thrown out from the anus .

Ques.6 What is Balanced Diet ?



Ans .

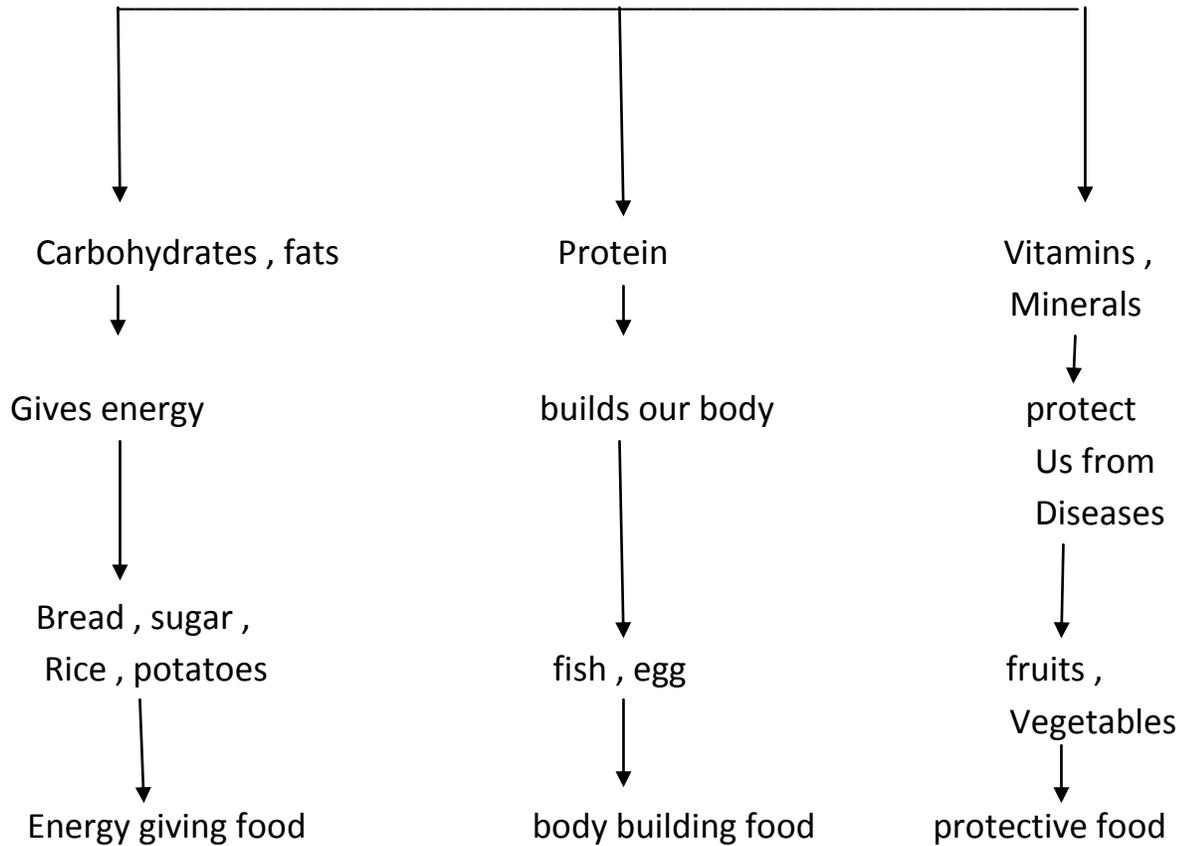
nutrients , water and roughage in the

The food that contains all the

Right amount is called Balanced diet .

Ques.7 What are called Nutrients ?

Ans.



Ques.8 What is Malnutrition ?

Ans. Mal means Deficiency. People do not eat enough food suffer from malnutrition. Malnutrition leads to deficiency diseases.

Eg. Marasmus – due to the deficiency of carbohydrates and fats

Kwashiorkar – due to the deficiency of protein .

Ques.9 Explain the following terms –

1. Marasmus – the diseases occur due to the deficiency of carbohydrates in the diet of a child below age of one .

Symptoms – 1. Stunted growth



2. wrinkled skin and frequent diarrhoea .

2. Kwashiorkar – This diseases occur due to the deficiency of protein in the diet .

Symptoms - !. Swollen belly and loss of appetite .

Ques.10 What is Glucose ?

Ans. Glucose is a kind of sugar which gives us instant energy to the people who suffer from the weakness and diseases .

Ques.11 How is ORS prepared ?

Ans . ORs-Oral Rehydration solution

It is prepared by using this method –

1. Take one litre of clean boiled and cool water .
2. Add a teaspoon of sugar and a pinch of salt .
3. Add few drops of lemon juice for flavor .
4. Mix it well .The ORS is ready. The solution can be given to the person affected from diarrhea every 10 minutes .